

Senior Lunch Social August Menu



SENIOR LUNCH SOCIAL
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES
INTERGENERATIONAL GARDEN

Time: 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

Eligibility: One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

Reserve your meal: Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov 7 days in advance during business hours. *Vegetarian meals available by request.

Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

First time participants: Please call 512-974-1700 to register for program.

<p>Tuesday, August 4</p> <p>Stir-fried Chicken, Steamed White Rice, Mixed Pickled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Seitan, Shitake Mushroom & Chopped Veggies</p>	<p>Wednesday, August 5</p> <p>Undhiyu Mix (9 Veggies & Fritters), Toor Dal (Yellow Lentil Soup w/ Tomato), Roti, Plain Rice, Fresh Fruit</p>	<p>Thursday, August 6</p> <p>Stuffed Bitter Melon w/ Pork, Steamed White Rice, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Bitter Melon Stir Fried w/ Shitake Mushroom & Chick Peas</p>
<p>Tuesday, August 11</p> <p>Vietnamese Beef Stew (Bo Kho), Steamed White Rice, Boiled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant Stew</p>	<p>Wednesday, August 12</p> <p>Cauliflower w/ Potato & Pea Curry, Mixed Beans Soup, Khaman Dhokla, Roti, Jeera Rice, Fresh Fruit</p>	<p>Thursday, August 13</p> <p>Baked Cod w/ Fresh Tomato Sauce, Brown Rice, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Sautéed Tofu w/ Fresh Tomatoes & Mixed Veggies</p>
<p>Tuesday, August 18</p> <p>Pork Meatballs & Japanese Squash, Steamed White Rice, Roasted Veggies, Fresh Fruit</p> <p>Veg. Entrée: Tofu & Japanese Squash</p>	<p>Wednesday, August 19</p> <p>Mix Veggie Paneer Korma, Kala Chana (Black Bengal Gram Beans), Roti, Rice, Fresh Fruit</p>	<p>Thursday, August 20</p> <p>Vietnamese Chicken Ragu, Steamed White Rice, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Stir Fried Tofu & Fresh Tomatoes</p>
<p>Tuesday, August 25</p> <p>Steamed Ginger Tilapia, Steamed White Rice, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Stir Fried Chick Peas w/ Mixed Veggies</p>	<p>Wednesday, August 26</p> <p>Palak (Spinach) Paneer, Moong Whole Daal, Rice, Roti, Fresh Fruit</p>	<p>Thursday, August 27</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Organic Spring Mix Salad, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu Vermicelli Noodle Bowl</p>

Schedule of Activities—August 2015

Recreational & Intergenerational Community Education

9am to 11:30am: Join us for free tea and coffee

9am to 2pm: Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, brain games, Asian satellite channels, computer basics and help, etc. **Karaoke by request from 1-2pm when classroom 8 is available.**

Every Tuesday, Wednesday, Thursday

10am-12pm Computer help / 電腦幫助 / 컴퓨터 도우미 / giúp máy tính

Table Tennis is now moved to Classroom 2!

<p>Tuesday, August 4</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Classroom 3) 	<p>Wednesday, August 5</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Classroom 4) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Classroom 3) 	<p>Thursday, August 6</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Amy / 太極 / 태극권 (Ballroom)
<p>Tuesday, August 11</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Classroom 8) 	<p>Wednesday, August 12</p> <ul style="list-style-type: none"> 	<p>Thursday, August 13</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu lông
<p>Tuesday, August 18</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Classroom 3) 	<p>Wednesday, August 19</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers 英文課 (Classroom 3) 	<p>Thursday, August 20</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Amy / 太極 / 태극권 (Ballroom)
<p>Tuesday, August 25</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu lông 12:30-1:30pm ESL for Chinese Speakers 英文課 (Classroom 3) 	<p>Wednesday, August 26</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Classroom 4) 	<p>Thursday, August 27</p> <ul style="list-style-type: none"> 9:30am-11:30am Free Health Screening / 健康檢查 / 건강검진 / (Classroom 3) 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)

Transportation Schedule—August 2015

*Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**.*

Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information.

Transportation participants must still follow guidelines for registering for Senior Lunch Social.

Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

B	Tuesday, August 4* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, August 5 Yaupon Mountain View Park	Thursday, August 6 Trailhead Park Mellow Meadow Rockwood
A	Tuesday, August 11** Yaupon Mountain View Park	Wednesday, August 12 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, August 13 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, August 18* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, August 19 Yaupon Mountain View Park	Thursday, August 20 Trailhead Park Mellow Meadow Rockwood
A	Tuesday, August 25** Yaupon Mountain View Park	Wednesday, August 26 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, August 27 Trailhead Park Mellow Meadow Rockwood

Stops Available by Request: *Balcones Country Club, **Hunters Chase